



FFSC DECEMBER 2010

MEETING YOUR NEEDS. AT HOME. AT SEA



SCHEDULE OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Employer Networking Event CC&C Management Services 	2 ADECCO Employment Registration SOLVE The Toddler Years	3 VFW Consultations	4
5	6 VFW Consultations	7 Car Buying Workshop	8	9 TSP Workshop	10 VFW Consultations	11
	TAP ← → TAP					
12	13 Job Search Strategies VFW Consultations	14 Strong Navy Couples PFM Consultations	15	16 MWE Employment Registration	17 Resume Writing Workshop VFW Consultations	18
19	20 VFW Consultations	21	22	23	24 Closed for the Holiday	25 
26	27 VFW Consultations	28 PFM Consultations	29	30	31 New Years Eve 	



Happy Holidays!!

Over

Open to all NNMC Staff, unless otherwise indicated. Registration required for all workshops & VFW appointments.

Fleet & Family Support Office • 8901 Wisconsin Ave • Building 11 Room 148 • Bethesda MD 20889 • 301-319-4087

- *Veterans of Foreign Wars (VFW)*: Medical records screening for veterans. Appointments necessary
POC: Martha Washington, mmwashington@vfw.org.
Location: Bldg 11, Room 142 Hours: 8:00 am - 4:00 pm M & F only
- **1 December** - *CC&C Management Services Networking & Recruitment Event* – Seeking employment in the professional facilities, construction, and relocation field? Join CC&C Management to discuss current job vacancies, how to apply, and tips for job seekers. Open to all transitioning military, dependents, and DOD card holders.
Location: Bldg 11, Room 158 Time: 11:00 am - 1:00 pm
- **2 December** - *ADECCO Staffing Employment Registration* – Schedule your hour appointment to register and interview for short-term, long-term, and direct hire permanent placement employment opportunities.
Location: Bldg 11, Room 142. Time: 12:30 pm – 3:00 pm
- **2 December** - *Solve The Toddler Years* – Learn the S.O.L.V.E. technique for eliminating common toddler behavioral issues. Tantrums, hitting, biting, kicking, sharing, and potty training are among the topics covered.
Location: Bldg 11, Room 158 Time: 11:00 am - 12:00 pm
- **6-10 December** - *Transition Assistance Program* ****For Separates and Retirees**** Prior registration is required. Contact the Career Development Office at 301-295-6483/295-5210 to register.
Location: Building 11, Room 158 Time: 8:00 am - 4:00 pm
- **7 December** - *Car Buying* – How do you buy a used or new car and not get taken? How do you secure the best financing? How do you choose the right vehicle for you? Learn ways to choose the right vehicle for you as well as more at the Car Buying Workshop.
Location: Bldg 11, Room 111 Time: 10:00 am - 11:00 am
- **9 December** - *TSP Workshop* – You know you need to save for retirement, but how do you do that with the TSP? Learn how to sign up, choose your investment option and monitor your TSP retirement plan.
Location: Bldg, 11, Room 111 Time: 10:00 am - 11:00 am
- **13 December** - *Job Search Strategies* – Let FFSC assist you in developing your effective and successful approach to finding a new career. Get tips on how to plan and execute your search.
Location: Bldg 11, Room 158 Time: 11:00 am - 1:00 pm
- **14 December** - *Strong Navy Couples* – Learn how to keep your marriage strong. This is an excellent workshop for all military families, especially those who are either approaching a deployment, or reunion.
Location: Bldg 11, Room 158 Time: 12:00 pm - 1:30 pm
- **14 & 28 December** – *Personal Financial Management (PFM)* ****By appointments only**** Contact the FFSC @ 301-319-4087 to schedule your one hour confidential appointment.
Location: Bldg 11, Room 142. Hours: 8:00 am - 3:00 pm
- **16 December** - *Maryland Workforce Exchange (MWE)* - Schedule your hour appointment to discuss employment opportunities and training services to vets and their family members.
Location: Bldg 11, Room 148B. Time: 9:30 am - 12:00 pm.
- **17 December** - *Resume Writing Workshop* - Learn how to market your skills, knowledge, accomplishments, and experience with an impressive resume. This single session workshop includes tips on translating military terminology.
Location: Bldg 11, Room 158. Time: 1:00 pm - 3:00 pm

Contact the Fleet and Family Support Center to register for the above workshops!

(301) 319-4087 or E-Mail: FFSO@med.navy.mil

